

# WHAT YOUR PHARMACIST WANTS YOU TO KNOW ABOUT . . .

## PREVENTING ACCIDENTAL POISONINGS IN CHILDREN

- **Use Original Containers.** Always choose medicine with caps made to keep children from opening them. Be sure to keep all medicine (both prescription, nonprescription, and dietary supplements) in their original child-resistant containers.
- **Always Call Medicine “Medicine.”** Make sure your child knows the difference between medicine and candy. Never call medicine “candy” in order to get your child to take his or her medicine.
- **Keep Medicines Out of Sight.** Keep all medicines, including herbals, vitamins, and supplements, out of reach of children, or in a locked cabinet. It is best to take your own medicine when your children are not watching, so they don’t try to copy you.
- **Check Expiration Dates.** Medicine boxes and bottles are marked with expiration dates, which is when the medicine should be thrown out. If you can’t find the expiration date, do not keep the medicine for more than six months.
- **Use Lids on Trash Cans.** Avoid putting medications in open trash cans. This is especially important in the kitchen or bathroom because many adult medications can be deadly to small children.
- **Use the Right Dose.** Some medicines, and even vitamins – especially those with iron, can be poisonous if taken in large doses. Always check with your child’s doctor or pharmacist if you are not completely sure about what dose to use.
- **Share Information.** Make sure that anyone who is caring for your children, including babysitters and grandparents, knows important information, such as your child’s age, weight, names of his or her medicines, and the poison center number.
- **Know How to Get Help:** Many poison control centers are based in hospitals and staffed by pharmacists. If a poisoning occurs, call PoisonHelp at **1-800-222-1222** to be connected to a local poison control center. If the child is having difficulty breathing or is unconscious, call **911** immediately.



Pharmacists are an important part of your health care team. For more information about what your pharmacist wants you to know, visit [www.SafeMedication.com](http://www.SafeMedication.com).